



Name: Loretta Redding
Agency: DHHS



I recently turned 60 years old. I have diabetes and am not happy with my health and my weight. Most nights I would sit, watch TV and eat snacks. My older brother who was 68 years old, passed away on July 13, 2012. He also had diabetes. These two things made me take a look at my life. I took an educational class on Diabetes to learn as much as I could. I now apply the information I learned to my life and it is working.

After Easter of 2012, I enrolled in the NutriSum program on the wellnessoptions website. I committed to exercise every day, logged in my weight, ate more fruit, vegetables and whole grains. I knew I could do this. A friend took me to a free square dancing class and I ended up joining for 10 weeks. (I love it!) I also started doing Zumba in the water and began walking regularly.

I also have an Empowered coach that I work with regularly. Michele is great! She has given me a lot of tools to use, books with good information on diabetes and healthy foods, and has encouraged me to keep going. She is a great listener and I look forward to her calls.

So far, I have lost 26 pounds. I have much more energy, my medication has been adjusted down, and I feel less stressed. I have actually stepped out of my box and am doing things I never thought I would enjoy. I am enjoying life, and feeling younger!

I really think the State of Nebraska Wellness Program is a great tool to help you live and maintain a healthy lifestyle. The coaches are great and the NutriSum program helps keep you on track every day.